640.5
AME
Oak Street
UNCLASSIFIED
Serie
UNIVERSITY OF ILLINOIS LIBRARY
JAN 26 1917
— 37 mesq

BULLETIN
OF THE
American School of Home Economics
CHICAGO, ILL.
PUBLISHED QUARTERLY; ENTERED AT CHICAGO AS SECOND-CLASS MATTER

Series I JUNE, 1913 No. 31

WHAT A FEW OF THE 15000 MEMBERS SAY:

"I am delighted with the clear and concise manner of treating the many subjects—a child could understand them. What a blessing it would be if every young housekeeper could begin with this liberal education.

"In twenty-three years of housekeeping I have learned much in the school of experience, but expect to learn a great deal more before I finish this library of knowledge.

"I realize how much time and energy I might have saved had this golden opportunity been offered to me, say, 25 years ago; and how many times the cost of the course might have been saved thereby each year. It is a shame that anyone should have to plod the old way of experience with such help as this at hand and I shall do all in my power to bring the School to the notice of my friends.

"I enclose check for full amount of my tuition and with it send heartiest good wishes for the success of this grand work."

Mrs. MABLE C. WYAND, Aurora, Ind.

"I cannot commend your work too highly—as I wrote one of my school friends the other day. I have found the course of the School of more practical benefit to me than any of my University courses. It is a constant help and inspiration. It has not only returned one hundred per cent every year on the amount invested, but has yielded what cannot be estimated in dollars and cents—an added interest and joy in home-making as a profession. I shall never cease to be thankful that I had this help at the beginning of my housekeeping experience."

Mrs. DAVID C. COOK, Jr., Elgin, Ill.

"Although I have not half completed the Course I find that my old enthusiasm—the enthusiasm of a young housewife, which, alas, is so soon deadened by the dull, because unscientific, routine of daily tasks—has been aroused to such a degree that my middle-age fervor far outshines that of my early married life.

"I would that I could infuse into the women I know the spirit I have caught from your instructors."

Mrs. EMMA BREWSTER GUILLON, Pasadena, Calif.

"The Course is invaluable. If I only had it when I began to keep house two years ago, I should have been saved many bitter mistakes, many wasted hours and many, many dollars. It has made me begin housekeeping over again on a new basis, already, and yet I have only begun to mine its treasures."

Mrs. JAY HOWARD COOK, Duluth, Minn.

"I for one appreciate your efforts to make the daily labors of the busy housewife more interesting and easy."

Mrs. I. S. RAYMOND, Pres. Illinois Domestic Science Asso., Sidney, Ill.

"My cook has been quite as much interested in the lessons as I have. Of course she did not know that she was hearing anything 'out of a book'; but I have taken pains to impart to her in very simple language the facts that I have learned and I find that she not only understood but profited by them. My laundress was especially interested in the pictures of the fibers of different textiles and said that was the first time in her life that she understood why she must not wring woolens."

Mrs. O. N. CAMMANN, Elizabeth, N. J.

"I want to express my appreciation and gratitude for all that the Course has done for me in helping me to care for my children. It has saved me hours of anxious care, besides many dollars in money."

Mrs. E. W. GOULD, Pacuca, Mexico.

"I think that if every wife, mother or housekeeper—whoever has charge of a home—could take the full Course, it would do much more towards stamping out disease and do more towards educating and uplifting humanity than all the hospitals and all the public libraries that have ever been given for that purpose."

Mrs. W. H. ELDREDGE, Cherry Valley, N. Y.

"I think your School is doing a magnificent work. What is more needed the world over than improved conditions in the home?"

Miss LIZZIE V. COLES, Montreal, Canada.

"I am finding the Course very profitable. The lessons have helped me very much and seemed to put new meaning into so many things often considered drudgery."

Mrs. GORDON WOODBURY, Manchester, N. H.

"I find the Course most interesting. Household problems might more readily be solved, if the average housekeeper would wake up to her own shortcomings. My lessons so far have been play instead of work, as I am so thoroughly interested in them—I do so enjoy them."

Miss ELLEN MARSHALL RUGG, Washington, D. C.

"I think the work of this School very important. It reaches the mothers, and without their sympathy and co-operation the work of the school-room seems to avail little. It is not difficult to interest the young people, but if their lessons are not carried out in the home, they are of little practical value."

Miss LYDIA HARRIS (Teacher Domestic Science), Dunlap, Ill.

"The lessons are so excellent and so exactly what every up-to-date home-maker needs."

Mrs. A. C. FULLER, Belmont, Mass.

"I want to say that I found the Course instructive, helpful and enjoyable. The subjects have aroused my enthusiasm very strongly and the Course has been the means of breadth and culture."

Mrs. J. W. TITCOMB, Fall River, Mass.

"If I could I would persuade every bride I know to study the Course; they would save themselves from being jokes to their friends. I have found the Course most helpful and interesting and I feel I never before received so much for any money expended."

Miss ELIZABETH LITER, Johnston, Pa.

"I never had the least inclination to know how to cook—it may be because of lack of training, but since becoming a student of the A. S. H. E. I am finding it much more interesting."

Mrs. ELIZABETH McARTHUR, Kingston, Ont.

"I wish all housewives could have the benefit and encouragement they bring. They certainly fill a long-felt want in my case—I learn so much from every lesson."

Mrs. C. L. GRIDLEY, Waterloo, N. Y.

"The more I study the little lesson books, the more I like them. The lessons have been such a help to me. What a delight housework would be to all women if they would go about it intelligently."

Mrs. W. E. FORESMAN, Lewiston, Idaho.

"I am greatly pleased with the lessons, and more so with the field for study they have opened for me. I must say I never found any study so intensely interesting."

Miss LOVINIA VANDERPOOL, Mukwonago, Wis.

"I am very much pleased with the Course and feel that I possess a mine of information from which I would not part for many times the sum I paid."

Mrs. J. M. RICHEL, Bergen, N. Y.

"I wish every wife, mother and home-maker could and would have the advantage of this course of study. Scarcely an hour passes in the day when the practical importance of the lessons is not brought to my mind."

Mrs. LYDIA K. La BAUME, Roanoke, Va.

"I never realized that housekeeping could be made so interesting until I began these lessons. I always 'hated' it and only took up this course to please my father. Now I am ever reading and studying. The subjects are so interesting that it seems when one begins, it is impossible to stop. The lessons are not a task to me, but a never-ending source of pleasure."

Miss CLARA EDNA MOWERY, Orange, N. J.

"I always recommend your Course, it is so perfectly adapted for home and club study. We must be affiliated with an institution which can help us carry on our work and I feel that we owe a great debt to this splendid School for its co-operation with our Department."

Mrs. OLAF N. GULDLIN, Chairman Home Economics Department,
General Federation of Women's Clubs, Fort Wayne, Ind.

WHAT SOME OF THE INSTRUCTORS SAY:

"I can certainly say that I have never done more interesting or encouraging work and that the fine work of the School grows upon me all the time. Whereas I accepted the offer somewhat hesitatingly because of my aversion of the methods of correspondence schools in general, I feel that this is to be highly commended as of a scholarly and high order which I feel it an honor to be associated in.

"I do enjoy the work thoroughly and the kind responses from so many are very encouraging. I wish I might give all my time to the work of the School, I have come to be so thoroughly in sympathy with it and its opportunities are so apparent."

Professor BERTHA M. TERRILL, University of Vermont.

"Certainly my students, almost without exception, have taken pains to say how much they wished all mothers could take the course.

"I really love the work for I find it brings me into the most delightful relationship with other wives and mothers."

MARION FOSTER WASHBURNE, Editor The Mothers' Magazine.

"The interest shown in 'Household Hygiene' has proved to me that there is among housewives an intelligent desire to know that they may act. They seize upon the opportunity with avidity, and the questions that come would need a University Faculty to answer in all details. The Socratic method of education still seems to be valuable, if there is only a Socrates, or many!"

S. MARIA ELLIOTT, Simmons College.

"This is the first experience that either Miss Sprague or myself has had with correspondence teaching and we have been happily surprised by the character of the work which the students have done, and by the feeling so often expressed by them, that the work of the School is meeting a real need."

Professor ISABEL BEVIER, University of Illinois.

"Many students write that it has made housework go much easier to have a new interest in it—old tasks being far less irksome."

MARGARET E. DODD, S. B.

"I now realize the possibilities of correspondence work far more than when I began. The need of such a School as this becomes more and more apparent to me, for there are so many struggling along in their homes who cannot be helped in any other way."

ANNA BARROWS, Columbia University.

COMPLETE COURSE IN HOME ECONOMICS

This course covers, systematically, in an interesting and practical way, the new "Profession of Home-making" and "Art of Right Living." It is divided into forty lesson pamphlets of fifty to one hundred pages each.

REGULAR ORDER IN WHICH THE LESSONS ARE TAKEN

FOOD SUBJECTS

(1) Chemistry of the Household
Parts I, II, III.

(3) Principles of Cookery
Parts I, II, III, IV.

(5) Food and Dietetics
Parts I, II, III, IV.

(7) Household Management
Parts I, II, III, IV.

HEALTH SUBJECTS

(2) Household Bacteriology
Parts I, II, III.

(4) Household Hygiene
Parts I, II, III.

(6) Personal Hygiene
Parts I, II, III, IV.

(8) Home Care of the Sick
Parts I, II, III.

HOUSEHOLD ART

(9) The House—Its Plan, Decoration and Care, I, II, III.

(10) Textiles and Clothing
Parts I, II, III.

CHILDREN

(11) Care of Children
Parts I, II, III.

(12) Study of Child Life
Parts I, II, III.

PARTIAL LIST OF INSTRUCTORS

ISABEL BEVIER, Ph. M.
Professor of Household Science, University of Illinois

S. MARIA ELLIOTT
Instructor in Home Economics, Simmons College, Boston

BERTHA M. TERRILL, A. M.
Professor of Home Economics, University of Vermont

KATE HEINZ WATSON
Formerly Instructor Lewis Institute, Chicago

MARGARET E. DODD, S. B.
Graduate Mass. Inst. of Technology

ANNA BARROWS
Teacher of Cookery, Columbia University; Director Chautauqua School of Cookery

ALFRED C. COTTON, A. M., M. D.
Professor Diseases of Children, Rush Medical College, University of Chicago

ALICE PELOUBET NORTON, M.A.
Assistant Professor of Home Economics, University of Chicago

MARION FOSTER WASHBURNE
Editor of "The Mothers' Magazine"

AMY ELIZABETH POPE
Instructor in Nursing, Presbyterian Hospital, N. Y. City

CHARLOTTE M. GIBBS, A. B.
Director of Household Art, University of Illinois

MAURICE LE BOSQUET, S. B.
Director American School of Home Economics, Chicago

BOARD OF TRUSTEES

MRS. A. COURTENAY NEVILLE
President of the Board; First Chairman Home Economics Committee, G. F. W. C.

MRS. ELLEN M. HENROTIN
Organizer and Honorary President General Federation Women's Clubs

MRS. FREDERIC W. SCHOFF
President National Congress of Mothers

MRS. LINDA HULL LARNED
Past President National Household Economics Association

MISS ALICE RAVENHILL
Commissioner of the British Government on Domestic Science in the United States

MRS. MARY HINMAN ABEL
Editor "Journal of Home Economics"; Author U. S. Government Bulletins

MISS MARIA PARLOA
Founder of the Original Cooking School in Boston; Author, etc.

MRS. J. A. KIMBERLY
Vice-President of National Household Economics Association

MRS. JOHN HOODLESS
Government Supt. of Domestic Science of the Province of Ontario

MRS. WALTER McNAB MILLER
Past Chairman of the Food-Sanitation Committee, G. F. W. C.

COMMENDATION ON THE COURSE IN BOOK FORM:

THE OUTLOOK

"It is true that the management of the home and the care of the family may now rightly be called both a business and a profession. Looking at the subject in this light, the volumes of this library may be regarded as the tools and formulae for carrying on the work in a systematized and intelligent manner. * * * A wise discrimination has been exercised in the choice of the authors of the lessons, for these writers are recognized authorities and special students in the various fields with which they deal. In all cases, simplicity of statement and clarity * * * brevity without sacrificing completeness, are qualities carefully sought for."

THE INDEPENDENT

"Each of these series of lessons is written by an expert—one possessing special knowledge on the subject concerning which he or she writes. * * * The volumes are handy and are well illustrated and contain an immense amount of information. Things that it must take an old housekeeper years of experience to learn, the young housekeeper may have here under her hand at the very beginning of her regime."

GOOD HOUSEKEEPING

"Practically all the material needed by the home-maker who wants to know about the inside and the outside of her house and the health of those within it is to be found in these twelve volumes. The books are easy to read and scientific without being technical."

BOSTON COOKING SCHOOL MAGAZINE

"This is the first time that an attempt has been made to gather together the whole broad subject of home economics into one correlated series of volumes. They give an epitome of the kind and scope of instructions given on this subject at the present time."

THE CRAFTSMAN

"Altogether the course seems to be widely useful in its scope, and very straightforward and practical in its work."

BOSTON TRANSCRIPT

"These well printed and liberally illustrated volumes present a course of reading and study that shows to what extent the profession of home-making and art of living make for self-culture and the practical ends of our daily existence."

CHICAGO TRIBUNE

"Each volume is prepared by practical instructors, speaking with authority in their particular lines. They are well illustrated and are calculated to diffuse a great body of necessary information to those interested in household advancement."

IOWA STATE BOARD OF HEALTH BULLETIN

"We most heartily commend these courses to all persons interested in healthy homes and the development of a vigorous people—mentally, physically and, as a consequence, morally."

3 0112 106160077

Purpose of the Course

TO make housekeeping an inspiring profession, instead of deadening drudgery.

TO make the daily work in the home of fascinating interest instead of monotonous labor.

TO make housekeeping easier and simpler by utilizing modern science in the home.

TO make the household money go further, that the higher things of life may be included.

TO preserve and increase health, and thereby promote happiness and prosperity.

TO develop the children—mentally, morally and physically—to their finest possibilities.

TO effect the conservation and improvement of the American home.

TO raise ideals of American home-making.

—*American School of Home Economics.*

NOTE—The 100-page booklet, "The Profession of Home-Making," gives details of the home-study domestic science courses. It's *free*. Bulletins "The Up-to-Date Home," "Free Hand Cooking" and "Food Values," 10c each. Address—A. S. H. E., 506 W. 69th St., Chicago, Ill.